



SPEED & QUICKNESS TRAINING SUMMER 2015



GET WITH THE PROGRAM AND DOMINATE THE COMPETITION!

PROGRAM DETAILS

DATES: 6/1/2015 – 8/27/2015 *(START ANYTIME!)*

DAYS/ TIMES: Sessions Offered Monday – Thursday

Youth (ages 8-10): 5:00 – 6:00pm

Athlete (ages 11-14): 6:00 – 7:30pm

Elite (ages 15-18): 3:30 – 5:00pm

**FREE Saturday sessions Included with all weekday training packages!*

LOCATION: The nZone
14550 Lee Road
Chantilly, VA 20151



COST: Ages 8-10: As Low As \$18/session (2 days/week)
Ages 11-14/ 15-18: As Low As \$30/session (2 days/week)

**Promo Code: SYAlacrosse – 20% Off Normal Pricing!*



- Sessions Focus on Improving:
 - SPEED
 - QUICKNESS
 - COORDINATION
 - OVERALL ATHLETICISM!
 - AGILITY
 - POWER
 - FUNCTIONAL STRENGTH

- Access to FREE Saturday Sessions!
- Homework Packet and Nutritional Guide Provided!

REGISTER NOW!

www.TrueAP.com/Chantilly

- Questions? Contact Randy Devine: rdevine@trueap.com
- Contact TrueAP Office: 703-996-3500